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SHE DIGS IT

Michelle Obama's book offers up sage gardening advice **25**

NO MINOR CHANGE

Facebook may let kids under 13 create their own accounts **6**



MORE OF THE SAME?

The Wizards bring back Randy Wittman as their head coach **15**

SCOTT WALKER'S WAR

The battle over the Wis. governor's anti-union agenda culminates in a long-awaited recall election **13**



GETTY IMAGES/EXPRESS ILLUSTRATION



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pm

FOR EXTENDED FORECAST, SEE PAGE 33



eye openers

HIBERNATORS

Bear Given Honorary 'Longest Napper' Award

The last day of classes at Ramon Garza Elementary School in Bakersfield, Calif., and a graduation ceremony at an adjacent middle school were interrupted last week by an unexpected guest: a black bear that wandered onto school property. A teacher called authorities as the bear approached, but the animal kept its distance and within minutes, officers captured it. (AP)

DARKNESS

'OK, Which of You Jokers Pulled the Goth Fire Alarm?'

Nothing could stop Shalita Harris' nuptials — not even when the sprinkler system in her Westin Hotel dressing room came on Saturday in College Park, Ga., covering the bride and her bridesmaids in a black, oily substance. Harris' was the only room where the problem occurred. The cause is unknown. (AP)

DISGUISES

Failed Robber's Wife: 'Now Will You Go On a Diet?'

A wig-wearing man broke into a Oak Lawn, Ill., bank vault and nearly made off with \$100,000 but got stuck in an air duct and had to be cut out hours later, authorities said. Charles Estell, 38, was found early Sunday hiding in an air duct in an office next to the bank. He was charged with one felony count of bank robbery and could face up to 20 years in prison. (AP)

The Big Picture



FLY-UNDER: The Space Shuttle Enterprise is carried by barge underneath the Verrazano-Narrows Bridge on Sunday in New York City. Enterprise is on its way to the city's Intrepid Sea, Air and Space Museum, where it will be placed on permanent display. (GETTY)

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Obama, Clinton Fundraise in N.Y.

Despite differences, presidents hobnob, bringing in \$3.6M

New York

President Obama sought to take advantage Monday of the fundraising prowess of former President Bill Clinton, the most reliable deliverer of Democratic dollars, despite their history of testy relations and differences on campaign tactics.

Tied with his likely Republican challenger in the polls and facing a summer of economic uncertainty that could pull the United States back toward recession, Obama needs the help.

Clinton and Obama were sharing top billing at a trio of events in New York City, bringing in at least \$3.6 million to Obama's re-election campaign.

Obama campaign bundler and billionaire investor Marc Lasry was holding an exclusive reception Monday night, followed by a gala at the Waldorf-Astoria hotel. The evening was to conclude with an event dubbed "Barack on Broad-



Former President Clinton's ability to deliver campaign dollars makes him an asset to President Obama's re-election campaign that apparently outweighs any drawbacks.

Fighting Words

Former President Clinton and President Obama focused their message Monday on economic opportunity. Polls show that economic trends are likely to determine the election, a development that could help Romney if the economy sags significantly. Obama and Romney were tied at 46 percent in Gallup polling last week of national election preferences. Obama says the economy will be the central issue of the campaign, and Clinton told donors Monday that electing Mitt Romney would be, in his words, "calamitous for our country and the world." (AP)

way" at the New Amsterdam Theatre. Obama will return to Manhattan next week for a fundraiser at the home of "Sex and the City" actress Sarah Jessica Parker.

Obama and Clinton have patched over a personal rift from the 2008 campaign when Obama defeated Hillary Rodham Clinton in a bitter Democratic primary. But Clinton caused some heartburn in Obama's campaign last week by remarking that Republican Mitt Romney had a "sterling" business record — an assertion that undercut Democrats' criticism of Romney's decisions at Bain Capital.

Clinton's larger point was that Obama is the better choice to steer the economy, and the White House denied that Clinton "made news." Still, the remark gave Republicans campaign gold just as the government released a disappointing report saying the U.S. created far fewer new jobs in May than expected.

Still, Clinton's ability to deliver campaign dollars and his record as a sound campaign strategist make him an asset to the Obama campaign that apparently outweighs any drawbacks. ANNE GEARAN (AP)

In Brief

ORLANDO, FLA.

Attorney: Zimmerman Confused About Bond

The attorney for George Zimmerman, the former neighborhood watch leader charged with fatally shooting Trayvon Martin, said Monday his client was confused and fearful when he and his wife misled court officials about their finances during an April bond hearing that allowed him to be released from jail after posting \$15,000 in bail. (AP)

BELLEFONTE, PA.

Sandusky Accusers' Names Will Be Revealed

Alleged victims of former Penn State assistant football coach Jerry Sandusky will have to testify using their real names, the judge ruled Monday. Meanwhile, Sandusky's hopes for a last-minute delay in his trial on charges he sexually abused 10 boys were dashed when the state Supreme Court denied the motion. Jury selection begins Tuesday morning. (AP)

38%

The number of people who call themselves independents, according to a Pew Research poll on Monday. Thirty-two percent say they are Democrats and 24 percent now call themselves Republicans. (AP)



Broadcasting Cain: Conservative talk radio host Neal Boortz announced his retirement Monday after four decades at the microphone, saying he will be replaced by former GOP presidential hopeful Herman Cain. "We tell people the cold, hard truth and the facts," Cain told Boortz during his show Monday. "I want to continue to express my views and help educate people about what's going on in this country." Boortz's last day will be Jan. 21, 2013. (AP)

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Nation

U.S. Gives Spy Telescopes to NASA

Washington

The U.S. government's secret space program has decided to give NASA two telescopes as big as, and even more powerful than, the Hubble Space Telescope.

Designed for surveillance, the telescopes from the National Reconnaissance Office were no longer needed for spy missions and can now be used to study the heavens.

The space agency confirmed Monday that it has received a pair of giant identical telescopes from the National Reconnaissance Office, which oversees the country's constellation of spy satellites. NASA says the spy agency built them and then decided it didn't need them.

More Eyes on the Sky

The gift of two giant telescopes is definitely a game-changer for NASA's space science program and offers the agency an opportunity to resurrect a plan to study the mysterious "dark energy," the hypothetical form of energy that permeates all of space and causes the universe's expansion to accelerate. The scientific community had made the dark energy telescope a top priority. (RWP)

The transfer last summer was only recently declassified.

They have 79-foot mirrors, just like the Hubble. They also have an additional feature that the civilian space telescopes lack: a maneuverable secondary mirror that makes it possible to obtain more focused images. NASA official Michael Moore gave some hint of what a Hubble-class space telescope might

do if used for national security: "With a Hubble here you could see a dime sitting on top of the Washington Monument."

NASA officials stressed that they do not have a program to launch even one telescope, and that at the very earliest, it would be 2020 before one of the two gifted telescopes could be in order.

JOEL ACHENBACH (THE WASHINGTON POST)

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Nation

Utah Wildfire Grows Day After Deadly Crash



SCOTT G. WINTERTON/AP

THE CRASH SCENE OF A HEAVY AIR TANKER is seen from the air Monday near Hamblin Valley, Utah. The P2V heavy air tanker crashed Sunday while dropping retardant on the 8,000-acre White Rock Fire, killing pilots Todd Neal Tompkins and Ronnie Edwin Chambliss. The blaze was sparked Friday.

Facebook Mulls Under-13 Access

New York

Though Facebook bans children under 13, millions of them have profiles by lying about their age.

The company is now testing ways to allow those kids to participate without needing to lie. This would likely be under parental supervision, such as by connecting children's accounts to their parents' accounts.

Like many other online services, Facebook prohibits kids under 13 because federal law requires companies to obtain parental consent if they want to collect information about those children.

But that ban is difficult to enforce. In many cases, parents themselves help children skirt it by setting up profiles for them and lying about their ages. In addition, parents could have final say on whom their kids become friends with on Facebook.



Meanwhile ...

Facebook is allowing its users to vote on privacy policy changes and will include new sections explaining how it uses people's information. The new policy also opens up the possibility for Facebook to start showing people advertisements on outside websites, targeting the pitches to interests and hobbies that users express on Facebook. The voting period starts Friday and runs through next week. (AP)

"We are in continuous dialogue ... about how best to help parents keep their kids safe in an evolving online environment," Facebook said. BARBARA ORTUTAY (AP)

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Nigeria Hunts for Crash Victims

Workers comb debris after jetliner plows into neighborhood

Lagos, Nigeria

Police dogs sniffed for dead bodies Monday in the rubble of buildings destroyed when an airliner crashed into them, killing all 153 aboard, as cranes lifted away heavy pieces of debris in the grisly aftermath of Nigeria's worst air disaster in nearly two decades.

Rescue officials said they fear many more people may have perished on the ground. The airline involved said an investigation had begun into the cause of Sunday's crash.

A Nigeria Red Cross report said 110 bodies had been recovered, with more being dug out from the rubble. A U.S. official said American citizens had been aboard the flight, and most, if not all, of whom were dual U.S.-Nigerian nationals.

The pilots reported engine trouble before the plane fell out of the sky on a clear afternoon, smashing into businesses and crowded



Rescuers look Monday for bodies in the rubble after a passenger jet crashed into a neighborhood in Lagos, Nigeria, on Sunday.

apartment buildings near Lagos' Murtala Muhammed International Airport.

The flight was bound for Lagos, Nigeria's commercial center, from Abuja, the capital. Two years ago, the same MD-83 lost engine power due to a bird strike, according to an aviation database.

Still, the cause of the crash remained unclear Monday.

Nigerian President Goodluck

Backstory

Nigeria has a history of major aviation disasters. On Saturday night, a Nigerian Boeing 727 cargo airliner crashed in Accra, the capital of Ghana, slamming into a bus and killing 10 people. Sunday's crash in Lagos appeared to be the worst since September 1992, when a military plane crashed, killing all 163 aboard. (AP)

Jonathan spent about 20 minutes looking at the wreckage with federal lawmakers and said the crash was a setback to Nigeria's growing aviation industry.

"We will make sure this will not repeat itself in this country," Jonathan said, a pledge that will be challenging to keep in a nation with a history of major passenger plane crashes in the past 20 years.

JON GAMBRELL (AP)

In Brief

LONDON

Prince Philip Hospitalized



Prince Philip

Prince Philip, Queen Elizabeth II's husband, on Monday missed a Buckingham Palace concert featuring acts from throughout her 60-year reign after he was hospitalized with a bladder infection. The prince will turn 91 on Sunday. (AP)

BAGHDAD

Suicide Bombing Kills 23

A suicide bomber detonated an explosive-rigged car Monday outside Iraq's main religious affairs office for Shiite Muslims, shearing off the facade of the building and killing at least 23 people in the deadliest single attack in the country in three months, officials said. More than 70 people were wounded. (AP)

ISTANBUL

Syrian Activists Form New Unity Coalition

Syrian activists on Monday announced a new rebel coalition that aims to overcome deep divisions within the opposition in its fight against the forces of President Bashar Assad. The group, the Syrian Rebels Front, declared its formation and will coordinate with the Free Syrian Army, a loose coalition of rebel units. (AP)



You've Got Questionable Email: In a cyber-age twist on Israel's vaunted history of airport security, the country has begun to force incoming travelers deemed suspicious to open personal email accounts for inspection, visitors say. The practice, which targets mainly Muslims or Arabs, appears to aim at rooting out visitors who have a history of Palestinian activism, and in recent weeks has led to the expulsion of at least three U.S. women. (AP)

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World



Ahmed Jama, right, is helping expand the restaurant scene in Mogadishu, Somalia.

Restaurants Herald Progress in Somalia

Dining scene signals
stability in formerly
war-torn Mogadishu

Mogadishu, Somalia

Beachfront dining, fresh lobster and a European clientele: Somalia's restaurant scene is quickly changing for the better.

Ahmed Jama recently returned to Somalia from London to open two Western-style restaurants in two hotels he owns, one on the beachfront and the other downtown. His beachfront property has quickly become Mogadishu's version of South Beach or the French Riviera.

"This is the place of choice. Everyone recognizes it," said a customer at one of Jama's restaurants, called the Village.

This is still Mogadishu, though, scene of insurgent suicide attacks and roadside bombs. Customers here must go through two security sweeps. The grounds are protected by armed guards.

Government officials frequent Jama's restaurants, a sign of Mog-

Backstory

Mogadishu, the war-torn capital of Somalia, has suffered from decades of war and insecurity. But it has blossomed in recent months in a way few could imagine even a year ago. It was only in August that African Union troops ousted al-Shabab militants. Since then, sports, arts and good food have returned. (AP)

adishu's improved fortunes. In the past, officials — who are favorite targets of al-Shabab assassins — were rarely seen at restaurants.

Jama's culinary success comes alongside a general revival in Mogadishu. Turkey has reopened its embassy; the U.N. has moved in new staff here.

Most of Jama's diners are European or from Somalia's diaspora. Most Somalis can't afford to dine here: The lobster dish costs \$20, steak goes for about \$7 and pasta about \$3. Don't ask for French preparation, though.

"We don't serve foreign dishes. It's only Somali food. Our country has the best recipes," he said. (AP)

10 The sentence, in years, given by a Kuwaiti court for Twitter posts deemed insulting to Islam and to the rulers of Gulf allies Saudi Arabia and Bahrain, the defendant's lawyer said Monday. The man, Hamad al-Naqi, said that his Twitter account was hacked. The ruling appears to reflect a growing conservative influence in Kuwait. (AP)

RELIGION

Crossing the Line



The Vatican on Monday sharply criticized a 2006 book on sexuality written by a prominent U.S. nun, saying "Just Love: A Framework for

Christian Sexual Ethics" by Sister Margaret Farley contradicted church teaching on such issues as masturbation and homosexuality and that its author had a "defective understanding" of Catholic theology. The move comes amid a recent crackdown on the largest umbrella group of American sisters for imposing "radical feminist themes." (AP)

Porn Actor Held in Mailed Body Parts Case

Berlin

A Canadian porn actor suspected of murdering and dismembering a Chinese student and mailing his body parts to Canada's top political parties was reading about himself on the Internet when he was arrested Monday at a cafe in Berlin.

Canadian investigators say 29-year-old Luka Magotta's obsessions led him to post Internet videos of his killing kittens, then a man, and finally to his arrest at

the cafe where he had spent two hours reading media coverage of himself.



Magnotta

An international manhunt set off by a case of Internet gruesomeness that horrified the world ended quietly in the German capital.

"He tried at first giving fake names but in the end, he just said: 'You got me,'" said police spokes-

Backstory

The case began May 28, when a package containing a man's foot was sent to Canada's Conservative Party headquarters. A hand was discovered addressed to the Liberal Party, and a torso was found in a garbage dump in Montreal. Luka Rocco Magnotta, a 29-year-old porn actor, is accused of murdering the dismembered man, Jun Lin, and posting a video of the act online. (AP)

man Guido Busch. "He didn't resist."

Magnotta is wanted in Canada on suspicion of killing Jun Lin, a 33-year-old man he dated, and mailing his body parts to Canada's two top political parties.

Magnotta is believed to have fled to France on May 26 based on evidence police found at his apartment, and he had been placed on Interpol's most-wanted list. Officials said he could be extradited by the end of the week. (AP)



Party of None: Mikhail Prokhorov, the billionaire and New Jersey Nets owner who ran a notably mild and thoroughly hopeless campaign for the Russian presidency earlier this year, on Monday launched a political party for people who don't belong to a party — and don't want to belong to one. Prokhorov envisions the bare-bones Civil Platform Party will exist on paper to enable independents to run for primarily local offices. (THE WASHINGTON POST)

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Confusion With Rush+ Service

I wonder if the Metro would be better off reversing the color naming for their extra trains that are part of the Rush+ program. A train starting on the Orange Line in Virginia will end on the Blue Line in Maryland. The Metro can call this train an "Orange Line" or "Blue Line" train. I propose they call it both. Call the train based on its destination. The train starting in Vienna and ending at Largo would be a Blue Line train. The train starting at Largo and ending in Vienna would be an Orange Line train. The same for the Yellow/Blue lines. I would assume that

someone getting on the Metro in Virginia will be heading to DC and not mind getting on a Blue Line train on the Orange Line track. But someone getting on the Metro in D.C. would have a harder time because the Orange Line trains go to two completely different destinations in Maryland, making them more likely to get on the wrong one. I do think there's going to be some confusion among riders when the Rush Plus changes occur on June 18. But at this point, with the new maps already posted aboard trains and in stations, it wouldn't help to start fiddling with the line colors.

During all the discussions leading up to this, the big debate was about how to color the new trains going from Franconia-Springfield to Greenbelt. Should they still be Blues or a new color? Metro finally resolved that the easiest thing would be to call them Yellow Line trains. There wasn't much discussion of changing the color of the Orange Line trains that will go between Vienna and Largo Town Center. From a riders' perspective, the key will be to watch the destination signs.

As a daily rider to Shady Grove at 5 p.m., it's really frustrating to endure the delays that the turnaround at Grosvenor

trains cause. Four days out of five the Shady Grove train must stop for several minutes waiting for clearance to pull into Grosvenor. And the same thing happens upon our arrival at Shady Grove — Metro knows the train is approaching Shady Grove, but we stop and wait for a spot at the platform to open up. Day after day. It's frustrating.

Yep. Same thing happens on the Silver Spring side. You know why Metro does those turnarounds, right? That the transit authority wants to get the max number of trains operating at the most crowded stations? Do you think the Red Line would be better off without the turnarounds? That would certainly increase crowding at the downtown stations, which probably would slow down all the trains.

So, Metro General Manager Richard Sarles was on TV Monday blatantly not telling the truth about these service changes, making it sound like EVERYONE would be getting more service. Which is obviously not true. I know they want to put a good spin on this, but they should at least acknowledge those of us who are traveling South to West are going to have our service cut.

Metro's mantra on this is "Watch the destination signs." But as you note, they have to be right. And so do the electronic displays on the platforms. Metro also needs to have plenty of staffers out on the critical platforms, at least for the first couple of weeks after this starts. So there's a lot that can go wrong.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

WEEK FIVE NUTRITION: Better Food for Better Living

We all lead busy lives. Which means it's often difficult to think about — let alone practice — good nutrition habits. But the truth is that a healthy diet, customized to fit the unique pace and needs of your lifestyle and body, is just as essential to lifelong health as hours put in at the gym. And nutrition plays a key role in the Gold's Gym Get Fit Challenge. Contestants, working closely with their trainers, follow diets specially crafted to meet the demands of their work schedule, their home life — and their palates.

Our focus this week is on Mike, a chef whose long hours leave little time to think about his diet.

Mike's trainer, Emily, works closely with him to ensure success not just in the gym but at the table.



What has your diet been like throughout the Challenge?

Mike: I'm eating five smaller meals a day. I'll start with breakfast, which is usually steel-cut oatmeal and a banana, before my morning workout. Then, around 9:30 a.m., I'll have non-fat Greek yogurt and an apple. Lunch, anywhere from 11:30 a.m. to 1:00 p.m., consists of salad with some type of lean protein (turkey, chicken, or fish). For an afternoon snack, I'll have something such as a handful of dry roasted nuts. Dinner can consist of turkey chili, chickpea curry, or a salad with chicken — it just depends on what I have around. Also, I drink a lot of water, two cups of skim milk a day, and avoid processed foods, breads, and sweets.

What's the most difficult part of adapting yourself to a new diet?

Mike: Most difficult is making sure I go to the grocery store to get the foods I need to eat on hand, so I'm not tempted by fast food. Some of the things I've done to help with my long hours at work are preparing dishes on days off (so I can reheat a meal quickly when I get home after working 16 hours). I also keep Egg Beaters and vegetables on hand, so that can always become a quick meal.

Do you see these nutrition habits carrying over into your life after the end of the Challenge?

Mike: I do. I'm much more conscious of what I'm eating and I'm looking at labels when buying items at the grocery store. I definitely see myself sticking with the five small meals a day, because it gives me the energy I need to get through my crazy work days.

How did you work with Mike to craft his current diet?

Emily: Helping Mike with his diet was actually easy. Since he's a chef, we just talked about eating basic carbohydrates, proteins, and fats. We also focused on portion control.

What are some tips you have about healthy eating habits?

Emily: Look for healthy replacements for those foods you know you're not supposed to be eating. For example, replace chips with a fruit or vegetable. You can also change how you prepare your food; instead of frying your food, go with grilling or baking it.



Get help crafting a diet that's right for you with this exclusive, limited-time offer: A FREE 7-Day VIP membership to Gold's Gym! Learn more at goldsgym.com/getfitchallenge



express

CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Paige	204 lbs.	201 lbs.	24 lbs.	25 points
Tamika	234 lbs.	240 lbs.	22 lbs.	22 points
Jim	207 lbs.	204 lbs.	22 lbs.	22 points
Mike	318 lbs.	314 lbs.	22 lbs.	17 points
Vasanth	259 lbs.	256 lbs.	14 lbs.	11 points
Brittany	186 lbs.	186 lbs.	3 lbs.	8 points

Points are awarded weekly for % of body weight lost and competitive challenges.

Corcoran Mulls a Move

Museum says facility needs more room for its collection, college

Washington

The director and chairman of the Corcoran Gallery of Art — Washington's oldest museum — sought authorization from the gallery's board of trustees Monday afternoon to hire real estate brokers to test the market for selling the landmark building across 17th Street NW from the White House complex and to scout more affordable locations elsewhere in the Washington area.

The gallery's entire collection of paintings, drawings and photographs would remain intact, and the Corcoran College of Art and

3

The percentage of the Corcoran collection that can be displayed due to the small size of the museum in D.C.

Design would continue to operate during any transition, said Fred Bollerer, president and director, and Harry Hopper III, chairman of the board of trustees. The chronically underfunded institution, which posted a \$7.2 million deficit for the fiscal year ended in June 2011, must consider moving because it would

cost an estimated \$130 million to bring the landmark Beaux Arts building up to modern museum standards — and then there still wouldn't be enough space to properly display the art and support the growing college, Bollerer and Hopper said in an interview.

The 127,000-square-foot facility was built in 1897.

"One of the clear options for us to consider is relocating to a purpose-built, technologically advanced, flexible, multipurpose facility that could house an integrated educational operation with the college at the core, coupled with the collection," Hopper said. (THE

WASHINGTON POST)

The Battle of Midway Remembered in D.C.



U.S. NAVY PERSONNEL ATTEND a ceremony and commemoration of the 70th anniversary of the Battle of Midway at the U.S. Navy Memorial Monday. The Battle of Midway took place six months after Japan's attack on Pearl Harbor and is regarded as the most important naval battle of the Pacific Campaign.



Better bus service. Who's on board?

MetroExtra buses are the blue buses that get people where they're going faster — up to 20% faster — because they make fewer stops. And on June 17th, we're making MetroExtra bus service even better on several of D.C.'s busiest travel corridors.

- MetroExtra 37 Wisconsin Ave and 39 Pennsylvania Ave** - More trips each rush hour and adjustments to improve on-time performance.
- MetroExtra 79 Georgia Avenue Limited** - Adjustments to improve on-time performance.
- MetroExtra S9 16th Street** - More trips each rush hour for a less crowded ride.

Visit wmata.com/bus to learn more!

M metro better bus

fyi:

Also on June 17, look for changes to Metrobus service on these routes:

DC: 70, 74, 79, D3, D6, G8, L1, L2, L4, M6, P1, P2, P6, S1, S2, S4, V7, V8, V9, W4
MD: C8, D12, D13, D14, F4, F6, NH1, Q1, Q2, Q4, Q5, Q6, R1, R2, R3, R5, Y5, Y7, Y8, Y9
VA: 3T, 3Y, 4A, 4B, 4E, 4H, 7M, 9E, 10E, 15L, 16B, 16E, 22A, 28A, 28X, REX

More information at wmata.com.

Missing 10-Foot-Long Cigarette Located

Takoma Park, Md.

The story of the 10-foot stolen cigarette does not end well.

The pilfered yard art has been found, dismembered and left as trash next to a pile of mulch behind Takoma Park Middle School.

How the cigarette — grimly sliced in two with a chain saw — wound up a little more than two miles from its installation in the Silver Spring yard of Jeannie and Trifin Roule is unclear.

Jeannie, who works at the FDA, got a note early Monday morning from a stranger who sought out her email address after seeing the sliced cigarette on a morning walk. Jeannie called police, who found



The stolen wooden cigarette was left in a lot behind Takoma Park Middle School.

the sliced-up cigarette missing its filter, which was labeled with the word “Marlboro” in the original rendering.

Jeannie said she was saddened and somewhat angered by the whole caper.

“That someone would put all

that effort into taking it and then destroying it, that’s what bothers me most,” she said.

“If they had stolen it and put it in their backyard or something because they liked it, that would have pleased me.”

Jeannie and Trifin will rebuild. Just today, Jeannie called the telephone pole company to see about acquiring a new pole to convert, and they will add it back alongside the parking meter, the tall yellow ladder and the red silhouette of a man possibly modeled after a figure from “Mad Men.”

She can get a 10-foot pole or a 25-foot pole. “Ten feet seems fine,” she said.

MICHAEL S. ROSENWALD (THE WASHINGTON POST)

The Lotteries

Monday, June 4

District

Mid-day Lucky Numbers	7-6-4
Evening Lucky Numbers (Sun.)	4-2-4
Mid-day DC 4	7-4-3-4
Evening DC 4 (Sun.)	0-3-5-3
Mid-day D.C. Five	0-9-5-5-0
Evening D.C. Five (Sun.)	0-1-7-3-8

Maryland

Mid-day Pick 3	7-4-7
Evening Pick 3 (Sun.)	5-8-7
Mid-day Pick 4	1-5-8-2
Evening Pick 4 (Sun.)	3-5-0-1
Match 5 (Sun.)	7-8-10-18-33 (14)

Virginia

Mid-day Pick 3	5-0-1
Evening Pick 3 (Sun.)	4-1-7
Mid-day Pick 4	7-7-8-3
Evening Pick 4 (Sun.)	0-0-8-2
Mid-day Cash 5 (Sun.)	4-6-19-27-34
Evening Cash 5 (Sun.)	13-15-17-20-23

All winning numbers are official only when validated at a claims location. Drawings that occur after Express’ deadline will be published two days later.

TRACK WORK THIS WEEKEND

From Friday, June 8 at 10 p.m.
to Sunday, June 10 at closing:

Buses replace trains on the Orange Line between East Falls Church and West Falls Church-VT/UVA as Metro installs switches for the Silver Line and replaces ties.

To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



SINGLE TRACKING
THIS WEEKEND

BETWEEN

- GR College Park - Greenbelt
- RD Takoma - Forest Glen
- BL Addison Rd - Stadium-Armory
- RD Dupont Circle - Van Ness-UDC

Weekend train schedules are adjusted for MetroForward rebuilding efforts.

Please allow extra travel time.
For details, go to wmata.com/alerts.

High-Stakes Vote in Wis.

A polarized state weighs whether to recall Walker over anti-union efforts

Madison, Wis.

The battle over Gov. Scott Walker's agenda has attracted millions of dollars from out of state, campaign volunteers from across the country and months of concentrated attention from the two major political parties.

But on Tuesday, the only voices that matter will be those of Wisconsin voters deciding whether to keep Walker or fire him and hand his job to the Milwaukee mayor. After more than a year in the national spotlight, both sides are preparing for a razor-thin margin.

Polls show Walker, a Republican just 17 months into his term, with a small lead over Democrat Tom Barrett.

"You know what distresses me?" state Sen. Mark Miller said to a group of Democratic volunteers last week in Madison. "It's close. It's so darn close."

During Monday's first campaign stop, Walker said he expects a close race, too.

"We want to move on and move forward," Walker said at a plastics plant near Madison.

Walker is only the third governor in U.S. history to face a recall vote. The other two lost, most recently California's Gray Davis in 2003. Walker's lieutenant governor, Rebecca Kleefisch, and three Republican state senators also face recall votes Tuesday. In addition, voters will fill a fourth state Senate seat after the Republican incumbent resigned rather than face the recall.

Anger over Walker and his conservative agenda began building almost as soon as he took office in January 2011. Just a month into his term, Walker took the state by surprise with a proposal to effectively



Protesters packed the state Capitol in Madison, Wis., on Jan. 25 during Gov. Scott Walker's State of the State address.

\$31M

The amount of money raised by Gov. Scott Walker to fight a recall effort in his state, obliterating his fundraising record of \$11 million from 2010. The majority of Walker's donations have come from people outside Wisconsin. (AP)

\$4.2M

The amount of money raised by Democrat Tom Barrett in his campaign to challenge Scott Walker. The majority of Barrett's funding has come from his supporters inside the state. (AP)

end collective bargaining rights for most state workers. The recall effort emerged soon thereafter.

The race has implications for national labor unions. It's also seen as a proxy fight for the presidential election, especially given the importance of Wisconsin and its 10 electoral votes.

A Marquette University Law School poll released last week showed Walker with a narrow 7-percentage-point lead over Barrett, 52 percent to 45 percent. The poll's margin of error was 4.1 percentage points. In the same poll two weeks earlier, Walker held a 6-point lead, 50 percent to 44 percent.

The poll also showed the deep division in Wisconsin, where 39 percent of respondents said they liked the job Walker has done and 38 percent said they did not like it. Twenty-one percent said they like what he's done, just not how he did it.



Repeat Challenger

Tom Barrett, Gov. Scott Walker's Democratic challenger in Tuesday's recall election, has had a rocky relationship with unions over the years. But the 58-year-old mayor of Milwaukee has promised to work toward restoring the collective bargaining rights Walker took away. Walker beat him by 5 percentage points, or about 125,000 votes, in November 2010, making Tuesday's vote a rematch of the 2010 governor's race. (AP)



Obama Stays Out

President Obama has stayed away from the recall campaign in Wisconsin, leaving some Democrats—primarily based in Wisconsin—marveling (and not in a good way) at that fact, saying a presidential visit could have made the difference for challenger Tom Barrett. Others pointed out that the issue was so localized—a fight over the stripping of collective-bargaining rights for public-sector unions in Wisconsin—that an Obama visit simply wouldn't change much.

With 155 days left before what is expected to be a very close general election, Obama and his team simply weren't willing to risk being too closely associated with a defeat in what is widely expected to be a critical swing state this fall. CHRIS CILLIZZA AND AARON BLAKE (THE WASHINGTON POST)

In the working-class city of Janesville, signs for both sides were scattered across the community.

Retired businessman Dave Flury plans to support Walker. And he's worried about what will happen if Barrett wins.

"If Walker loses, shouldn't Republicans turn right around and recall Barrett?" Flury asked.

For months, voters have been inundated with telephone calls, campaign mail and television advertising. Barrett supporter John Ohrke is ready for all of it to end.

"It doesn't really matter who wins I guess," Ohrke said. "It's all crazy."

SCOTT BAUER (AP)



TAKE METROBUS AND METRORAIL TO THE...

DC JAZZ FESTIVAL JUNE 1–10, 2012 JAZZ IN THE 'HOODS

Presented by Events DC

Adam's Morgan

Bossa Bistro

202-667-0088, bossaproject.com

6/1, 8: Alfredo Mojica Group

6/2, 9: Cubista

6/5: Akoma Drummers

6/6: Cissa Paz

6/7: Cheick Hamala Diabate

Cashion's Eat Place

202-797-1819, cashionseatplace.com

6/1, 2: Victor Provost Steel Pan Band

Columbia Station

202-462-6040, jazzcolumbiastation.com

6/1, 8: Peter Edelman Trio

6/2-3, 9-10: Jazz Jam

6/6: Bob Schwartz

6/7: Partners In Crime

Madam's Organ

202-667-5370, madamsorgan.com

6/2: Chris Polk

6/4: One Night Stand, feat. Walter Tate

6/8, 9: Victor Wainwright

6/10: BT Richardson Band – Blues

Napoleon Bistro and Lounge

202-299-9630, napoleondc.com

6/7: Twelfth Street Jazz Project

Tryst

202-232-5500, trystdc.com

6/4: Will Electric Trio

6/5: Lucky Dub

6/6: Love Something

Capitol Hill

The Fridge *

202-664-4151, thefridgedc.com

6/2: Tarbaby, with Orrin Evans, Eric Revis and

Nasheet Waits; Kris Funn & Corner Store

Johnny's Half Shell

202-737-0400, johnnyshalfshell.net

6/2, 9: Charles Woods Quartet

Columbia Heights

The Dunes *

202-436-9118, thedunesdc.com

6/1: Christie Dashiell Quartet; Todd Marcus

Jazz Ensemble

Downtown

Acadiana

202-408-8848, acadianarestaurant.com

6/3: Marshall Keys Quartet

6/10: Joe Brotherton

Georgia Brown's

202-393-4499, gbrowns.com

6/2: Brian Lenair

6/3: Swingin' In Tongues

6/6: Firm Roots

6/9: Barry Gurley Trio

6/10: The Brad Collins Trio

The Hamilton

202-787-1000, thehamiltondc.com

6/1: Akua Allrich; Randy Weston Trio

6/2: Les Nubians

6/3: Lori Williams Quartet (Gospel Jazz Brunch);
Charlie Sepúlveda and The Turnaround;
David Sánchez Quintet6/4: Jonathan Batiste Stay Human Band;
Ben Williams & Sound Effect

6/5: Antonio Hart Organ Trio; Jimmy Heath Quintet

6/6: Marshall Keys Group: *The Soulful Side of
Cannonball Adderley*; Roy Hargrove Quintet

6/7: Roberta Gambarini; Cyrus Chestnut Trio

6/8: *The Brass-A-Holics*6/9: Etienne Charles & Kaiso; Monty Alexander's
*Harlem-Kingston Express*6/10: Washington Performing Arts Society's Men
and Women of the Choir (Gospel Jazz
Brunch); The John Scofield Trio

National Gallery of Art Sculpture Garden

202-737-4215, nga.gov/feature/sculpturegarden

6/8: Mark Prince Quartet

Smithsonian American Art Museum

202-633-7970, americanart.si.edu

6/8: Loide

Dupont Circle

Bistrot Lepic

202-333-0111, bistrotlepic.com

6/6: Véronneau

The Black Fox Lounge

202-483-1723, blackfoxlounge.com

6/1: CaShandra J; Aaron Myers & the Black Fox
Lounge Jazz Ensemble

6/2: Jeron White Ensemble

6/4: David Lighton Ensemble

6/6: Jeron White Ensemble

6/8: Maureen Mullaney

6/9: Catherine Satterlee, and Tim Gavagan, Amy
Bormet, and Karine Chapdelaine; Dee Stone

Kramerbooks & Afterwards: Bookstore & Café

202-387-3825, kramers.com

6/1, 2: Pete Muldoon

6/8, 9: Leonard Brown and Jamal Brown Duo

The Phillips Collection

202-387-2151, phillipscollection.org

6/8: Michael Thomas Quintet: Miles Davis Tribute

East River JAZZFest— Northeast & Southeast

African Heritage Center

1320 Good Hope Road, SE, 202-399-5252

6/10: Tiacoh Sadia: Afro-Jazz

6/2: Michael Bowie, Siné Qua Non

Anacostia Art Gallery & Boutique

202-610-4188,

www.bzbinternational.com/anacostiag.html

6/2: Reginald Cyntje Group

Congress Heights Senior Wellness Center

202-563-7225, www.dcoa.dc.gov

6/8: Fred Foss Quartet

East River Washington Senior Wellness Center

202-581-9355, www.dcoa.dc.gov

6/7: Todd Marcus Quintet

Fort Dupont Park Community Center

3600 F Street, SE, 202-426-7723

nps.gov/fodu/index.htm

6/3: Herb Spice and the Cinnamonstix feat.

Herb Scott

HonFleur Gallery

202-580-5972, honfleurgallery.com

6/8: Blackman/Murray/Russo

Kenilworth Aquatic Gardens

202-426-6905, nps.gov/keaq

6/3: Roy Cross and Brannock Reilly

6/10: Noble Jolley and Eric Wheeler

Westminster Church

202-484-7700, westminsterdc.org

6/1: East River Jazz Ensemble

Foggy Bottom

Bayou

202-223-6941, bayouonpenn.com

6/1: Zachary Smith & The Dixie Power Trio

6/8: White Loafer

6/9: Yamomanem

Georgetown

Café Bonaparte

202-333-8830, cafebonaparte.com

6/6: TBA

Dumbarton House

202-337-2288, dumbartonhouse.org

6/8: Bohemian Caverns Jazz Octet

H Street/ Northeast

Gallery O/H

1354 H Street, NE

galleryoonh.com

6/2: Student Ensemble; Christophe Ludet's DC Jazz
Band; Phil Wiggins and Rick Franklin; Little
Red and the Renegades

6/9: Student Ensemble; Brad Linde Quartet;

Lennard Jack and Fusion; Afro Bop Alliance

Atlas Performing Arts Center

202-399-7993, atlasarts.org

6/3: Mark Turner Quartet; Ted Brown-
Brad Linde Quartet

6/6: Rodney Richardson, with Lena Seikaly

Logan Circle/Shaw

1905 Restaurant

202-332-1905, 1905dc.com

6/7: Hot Club of DC

Howard Theatre

202-806-6100, thehowardtheatre.com

6/3: Dianne Reeves

6/4: Steve Kimock Band

6/10: Pino Daniele

Mount Vernon Square

Henley Park Hotel

202-638-5200, www.henleypark.com

6/2, 9: Nancy Scimone

Jazz Loft MegaFest *

629 New York Ave. NW, capitalbop.com

6/9: Elijah Jamal Balbed/Tarus Mateen/Lee

Pearson; Film: Icons Among Us;

Jazz Academy Youth Combo, dir. Paul Carr;

Lenny Robinson's Mad Curious; Marc Cary's

Cosmic Indigenous

Mt. Pleasant

Haydee's

202-483-9199, haydees.us

6/8: Little Red and the Renegades

Petworth

Enterprise Theatre and Jazz Lounge

202-588-5299, jazzongorgia.com

6/2: The GGT Band

6/5: The Tangent Band

6/7: Exponent 5 Jazz

Sala Thai

202-629-1643, salathaidc.com

6/1: Yamomanem Jazz Band

6/2: Full Ascent Jazz Band

6/8: Jacqui Simmons & Friends

6/9: The Triple Double Jazz Quartet

Southwest

Mandarin Oriental

202-554-8588, mandarinoriental.com

6/1: Kristine Key Quartet

6/2: Sara Jones Quartet

6/8: Lena Seikaly Quartet

6/9: Julian Hipkins Quartet

Takoma Park

Takoma Station Tavern

202-829-1999, www.takomastation.com

6/1, 8: Suttle Thoughts Band

6/2, 9: Let it Flow Soul Band

6/5: Open Jazz Jam Session

6/6: Blaque English

6/7: Familiar Faces

U Street NW

Bohemian Caverns

202-299-0800, bohemiancaverns.com

6/1, 2: Ron Carter Trio

6/3: Reggie Pittman & Lottie Da

6/4: Bohemian Caverns Jazz Orchestra

6/5: Kiyem Ade Trio

6/6: Yotam Silberstein Trio

6/7: Dwayne Adell Trio

6/8, 9: Marcus Strickland Quintet

6/10: Integrity Reeves

Dahlak

617-233-9673, dcjazzjam.com

6/3, 10: Jazz Jam

Indulj Restaurant and Lounge

202-986-9400, induljdc.com

6/6: Pete Muldoon Trio

JoJo Restaurant & Bar

202-319-9350, jojorestandbar.com

6/1, 8: Cabassa Brazilian Jazz Band;

Just Us Band and Show

6/2, 9: Total Eclipse

6/3, 10: Sol Jazz

6/5: TJ Thurman Quartet

6/6: Ol' Soul Four a New Day

6/7: MP3 feat. Mike Prior

Twins

202-234-0072, twinsjazz.com

6/1, 2: Tony Martucci Quintet

6/3: BJ Simmons Quartet

6/5: Marty Nau

6/6: Michelle Webb

6/7: Paul Pieper Quartet

6/8, 9: Kenny Rittenhouse Quintet

6/10: Freedom's Children Celebration with
Reginald Cyntje

Sala Thai

202-462-1333, salathaidc.com

6/1: Potomac Jazz Project

6/2: Mark Mosley Trio

6/8: Yamomanem Jazz Band

6/9: Mark Mosley Trio

Woodley Park

Zoo Bar

202-232-4225, zoobardc.com

6/3, 10: Mike Flaherty's Dixieland Direct Jazz Band

For more information contact the
venues or visit dcjazzfest.org



The DC Jazz Festival® is a project of Festivals DC, Ltd., a 501 (c)(3) non-profit service organization. The DC Jazz Festival is sponsored in part with a grant from the National Endowment for the Arts (NEA), Mid Atlantic Arts Foundation, and by the DC Commission on the Arts and Humanities, an agency supported in part by the National Endowment for the Arts. NEA Jazz Masters Live is a program of the National Endowment for the Arts in partnership with Arts Midwest. © 2012 Festivals DC, Ltd. All rights reserved.

*CapitalBop D.C. Jazz Loft Series

XPP152 5x10.5



Challenges Ahead

What Randy Wittman and the Wizards face in the coming year:

Working With Wall

By giving Wittman a reported two-year deal, the Wizards have linked him to the most critical seasons of point guard John Wall's career. The 2010 top pick has shown flashes of excellence, but has yet to reach his vast potential.



The draft

The Wizards will look at the likes of 19-year-olds Bradley Beal, above and Michael Kidd-Gilchrist, and 20-year-old Harrison Barnes with the third pick in the draft. No matter how talented those players may be, they are still incredibly young and can't be expected to lead an immediate turnaround.

Trade bait

The Wizards are going to do their best to rid themselves of Rashard Lewis and Andray Blatche. If the Wizards can't move either in a trade, they'll have to shell out nearly \$37 million to buy both players out. (TWP)

Wittman Is On the Job

Wizards bring back coach who elicited strong efforts, if not many wins, last year

The Wizards

It's not too often that an 18-31 coach keeps his job in the NBA. It's especially rare if the 18-31 coach turns out to be the only candidate in the team's coaching search.

In fact, the Wizards didn't really conduct a search. Randy Wittman was the choice all along for team President Ernie Grunfeld, who announced Monday that the early-season replacement for Flip Saunders has signed a new deal.

"It wasn't a secret which direction we were going in," Grunfeld said. "We felt comfortable with the situation that we were in."

Coaching announcements can hardly get more low-key. Grunfeld

and owner Ted Leonsis had hinted that Wittman would remain, and the news conference making it official attracted less media than a routine regular season game. Leonsis did not attend, but even he would have been hard-pressed to create much buzz about a status quo move for a team that's finished more than 25 games below .500 for four-straight years.

Backstory

Randy Wittman didn't have much success at previous stops in Cleveland and Minnesota before taking over as a midseason replacement for Flip Saunders. He only went 18-31 in a lockout-shortened season with the Wizards and had no time to implement his own schemes with few practices. Wittman basically had to simplify the plays of his predecessor. His imprint wasn't necessarily felt in system but in a no-nonsense style that resonated with a group of impressionable young players. He immediately brought order and accountability, something the organization had been lacking in recent years. (TWP)

"They hadn't told me I wasn't going to coach," said Wittman, who was still under contract from the deal he had signed as an assistant coach, "so I just continued on as I normally would."

Wittman — who previously coached the Cleveland Cavaliers and Minnesota Timberwolves, and his career record on the bench is a very modest 118-238 — had been Saunders' lead assistant since 2009, and he took over when Saunders was fired in January. The switch didn't make much of an impact on the won-loss record until late in the season, following a trade for veteran center Nene. The Wizards went 20-46 — second-worst in the NBA — but they finished on an upswing, winning their last six and eight of their last 10.

"He had the guys believing in what they were doing."

—FORMER WIZARDS COACH FLIP SAUNDERS PRAISING THE DECISION TO BRING BACK RANDY WITTMAN, WHO HAD BEEN AN ASSISTANT UNDER SAUNDERS FOR EIGHT YEARS.

"We've got to continue to take the positive steps that we did the last four to six weeks," Wittman said. "You could see it — there was not the disconnect anymore of guys trying to do things for themselves."

Grunfeld agreed, saying that Wittman "made the players accountable." Saunders had been originally hired to lead a veteran-laden team three years ago, while Wittman appeared to have a better rapport with the young players on the roster. Former No. 1 overall pick John Wall was among the players who publicly lobbied for Wittman to return.

"It's always nice that your players are responding in a positive manner," said Grunfeld, who also signed a new deal this year. "But they didn't have to say it. ... I think they spoke louder by their actions on the court." (AP)

In Brief



Maria Sharapova celebrates after winning a grueling match in Paris Monday.

TENNIS

Sharapova Advances

After dropping a total of five games in three matches that averaged less than an hour each, Maria Sharapova moved into the quarterfinals at the only Grand Slam tournament with a 6-4, 6-7 (5), 6-2 victory over 44th-ranked Klara Zakopalova of the Czech Republic at the French Open. (AP)

PRO BASKETBALL

Bosh Nears Return

Chris Bosh's status was upgraded to "day-to-day" by Miami Heat coach Erik Spoelstra on Monday, after more than three weeks of the team only saying his absence because of a strained lower abdominal muscle was indefinite. The announcement raises the possibility that Bosh may play Tuesday night when the Heat host the Boston Celtics in Game 5 of the East Conference finals. (AP)

PRO FOOTBALL

Replacement Refs Eyed

The NFL will start hiring and training possible replacement officials with a deal not yet completed with the NFL Referees Association after talks between the sides broke down Monday. (AP)

19

The number of games Rafael Nadal has lost in four matches at this year's French Open. He won in straight sets, losing only two games, on Monday. (AP)

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Sports

United in the Hunt for Open Cup

After avoiding upset last week, D.C. takes on rival Philadelphia

Soccer

D.C. United did what eight other MLS teams could not do last week: Avoid the U.S. Open Cup upset bug.

Half of the MLS participants have already been eliminated by lower-tier teams in the unpredictable knockout tournament featuring clubs from all levels of U.S. soccer. But D.C. remains alive after Marcelo Saragosa's late winner over the third-tier Richmond Kickers last week, and will now

Familiar Foes

In order to advance to the Open Cup quarterfinals, D.C. United will need to get by Philadelphia, coached by former D.C. boss Peter Nowak and led by former D.C. players and area products Freddy Adu and Brian Carroll. If D.C. wins, the club will host the quarterfinal against either the rival New York Red Bulls or Cinderella-story Harrisburg City Islanders. A.C.

face the league-rival Philadelphia Union for their Round of 16 match at the Maryland SoccerPlex Tuesday night.

"It's interesting to see some of the results," D.C. attacker Chris Pontius

said. "That's what you get in these games when you don't put these teams away. It's tough to play against them considering sometimes it's their biggest game of the year."

D.C. should be near full strength for Tuesday's match, save for Dwayne De Rosario and Dejan Jakovic, who are currently with the Canadian national team.

The Cup winner earns a place in the CONCACAF Champions League — the regional competition involving teams from all countries in North America, Central America and the Caribbean — and D.C. has its eye on a shot to compete on the grand stage. "It's a chance for us to get a trophy back," D.C. coach Ben Olsen said. AVI CREDITOR (FOR EXPRESS)



OWNERSHIP

Mets' New Rules

No joke: Bill Maher owns a stake in the New York Mets. The stand-up comic and political satirist revealed on Sunday that he bought a minority share of the team months ago. Mets senior vice president of marketing and communications David Newman confirmed the deal is done and that Maher is a limited partner. (AP)



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Sports

Capitals Trade Goalie Vokoun to Penguins

Veteran was made expendable by rise of Holtby in playoffs

The Capitals

The Capitals traded goaltender Tomas Vokoun to the rival Pittsburgh Penguins for a seventh-round draft pick on Monday.

Vokoun spent only one season with the Capitals and is set

to become an unrestricted free agent on July 1. He was signed last summer as one of several veterans pegged to help the team win its first Stanley Cup.

But Vokoun hurt his groin late in the season and sat out the playoffs. With the emergence of Braden Holtby in the postseason, the Capitals are set at goalie with Holtby and Michal Neuvirth. The 35-year-old Vokoun finished with a record of 25-17-2 in D.C. (AP)



Tomas Vokoun went 25-17-2 in one season as the Caps' starting goaltender.

Meanwhile ...

Highly-touted Capitals prospect Evgeny Kuznetsov has made his decision to remain in the KHL official and signed a new two-year deal with Traktor Chelyabinsk. Last month, Kuznetsov, 20, said that he was "not ready to go to the NHL right now" and that he wanted to remain in Russia through the 2014 Olympics in Sochi. (THE WASHINGTON POST)

TV Lineup

NATIONALS (7 P.M., MASN2) The Nats start a series against the Mets.
ORIOLES (7 P.M., MASN) The O's travel to Boston to play the Red Sox.
PRO BASEBALL (7 P.M., MLB) The Dodgers play the Phillies.
NBA PLAYOFFS (8:30 P.M., ESPN) With the series tied at two, the Miami Heat and Boston Celtics resume the Eastern Conference finals.
TENNIS (1 P.M., NBC) The quarterfinals of the French Open. (Tape-delay)

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In the Very, Very Long Run

Ultramarathoner Scott Jurek discusses training and fueling up for epic distances

Scott Jurek always goes the extra mile — and the mile after that. Since his first ultramarathon (that's any race longer than 26.2 miles) in 1994 when he was 20, the Midwesterner has notched an exhausting-even-to-look-at list of performances, including his completion of 165.7 miles at the 24-Hour World Championships race in 2010. In his new book, "Eat & Run," Jurek shares stories from his extraordinary career and explains why he sticks with a strict vegan diet. He'll be at a fun run and signing in Arlington on Friday (the run starts at the Nature Conservancy headquarters at 6:30 p.m.; the signing at Pacers starts at 7:30 p.m.; visit Pacersevents.com for more information).

What makes you run ultramarathons?

Initially, it was a dare from a buddy. I didn't have this idea that I was going to become a professional ultrarunner. But basically, nowadays, I look at it as a way for me to explore the human potential in me.

Was there ever a moment when it clicked for you, when you knew that ultras were your thing?

It took a while. The first time I finished, it was like, 'Never again' — much like a lot of people after their first 5K or 10K or half-marathon. But it was this gradual realization.

How might somebody else know if they are ultra material?

I think everybody's ultra material.



Scott Jurek, left, has raced the famously talented Tarahumara Indians in Mexico's 50-mile Copper Canyon Ultramarathon.

"We all have that ability. Humans were meant to run long distances; we all have that endurance capability."

We all have that ability. Humans were meant to run long distances; we all have that endurance capability. You don't need to be an amazing athlete. You just need to have the will.

And the time to fit in the training?

I know runners who run 100-milers who have careers, very stressful jobs, families, and they run 100-mile races on 30 miles a week [of training], so you don't need a lot of time. But if you want to place at the top and if you're going to win, sure, you have to put the time in.

What's your training like?

I'm not out there four or five hours a day, like a lot of people assume. We do back-to-back type training, so you run two long runs on back-to-back days. I might run 20 to 30 miles on Saturday and then another 20 to 30 on Sunday. That's how you replicate 60, 70, 80 miles into a race; you want your legs to get fatigued and develop a fatigue resistance. But during the week I get on the track, do short interval workouts, tempo threshold runs and hill repeats. And then I mix in strength training, core training, yoga.

As a vegan, do you have to take any special considerations to be sure you're eating enough?

Not at all, surprisingly. There are plenty of great fats and calories in nuts, nut butters, tempeh, tofu, legumes and grains that provide enough protein. It's a little tricky when traveling in remote areas, but it can be done. I actually enjoy the challenge sometimes.

Since you spend so much time running long, what's it like for you to run a short distance, say a 5K?

Oh, if I race short distances, it's just as hard. It's a lot less time, but the discomfort and how hard you work ... that can be just as challenging as sometimes running 50 miles at a shot. It's not like a walk in the park. KATIE ABERBACH (EXPRESS)

Recipe File

Spirulina is a green algae said to have been carried into battle by Aztec warriors. It's also a complete protein that's shown promising results as a performance enhancer for long-distance runners. So this smoothie, which is rich in vitamins and minerals, is an excellent source of nutrition. For an extra carb boost, replace 1 cup water with 1 cup apple or grape juice.

GREEN POWER PRE-WORKOUT DRINK

Ingredients

- ▶ 2 bananas
 - ▶ 1 cup frozen or fresh mango or pineapple chunks
 - ▶ 4 cups water
 - ▶ 2 tsp spirulina powder
- (Because spirulina is marketed as a dietary supplement rather than a food, the FDA does not regulate its production; buy it only from a store and a brand you trust)**
- ▶ 1/2 tsp sugar
 - ▶ 1 tsp miso

Makes Two 20-Ounce Servings

Place all the ingredients in a blender and blend for 1 to 2 minutes, until the mixture is completely smooth. Drink 20 to 30 ounces (2½ to 3¾ cups) 15 to 45 minutes before a run.

Recipe taken from "Eat & Run: My Unlikely Journey to Ultramarathon Greatness" by Scott Jurek with Steve Friedman. Copyright © 2012 by Scott Jurek. Reprinted by permission of Houghton Mifflin Harcourt Publishing Co. All rights reserved.



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Trainer Tip of the Week

Take your workout to the beach this summer. Body weight training such as push-ups, air squats, lunges and planks, are some of the best ways to get lean without toting around your dumbbells.

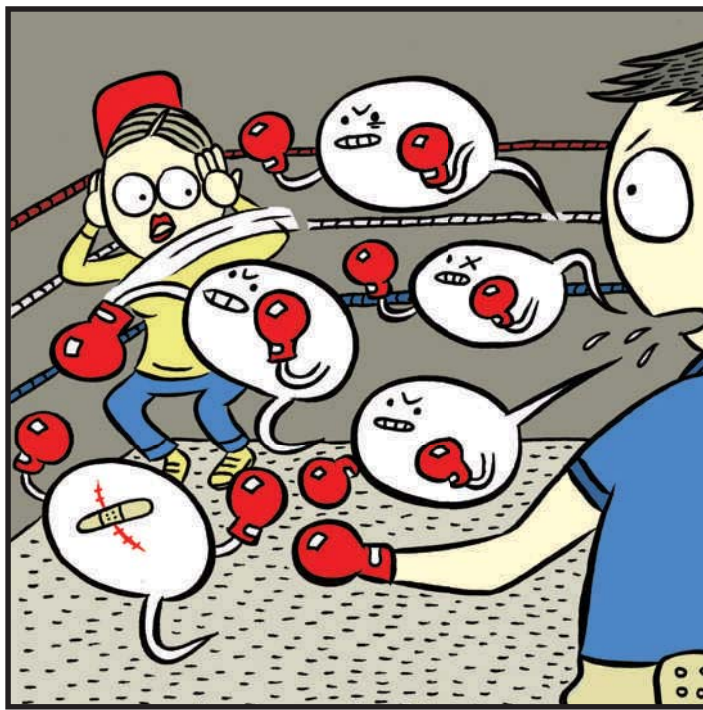
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When Opposites Aren't Attracting

Q A good friend of mine and I both have 10-year-old daughters. We've had gatherings and play-dates since they were little, about once every other month. The past few times it's become painfully obvious that our girls don't connect much anymore. My daughter is into sports and the outdoors, whereas my friend's daughter is into TV and boys and fashion. I'd rather nip this in the bud before things get awkward, but I don't want to hurt my friend's feelings. I value our friendship, but just don't need it to involve our daughters anymore. MOM FRICTION

Might she feel the same, or does she just not seem to notice that your daughter is out climbing trees while hers is salivating over Justin Bieber?

A good first step in making your friendship not about your daughters is to, well, make it not about your daughters. Invite your friend out just the two of you, and try to do those outings for a while. If she brings up the change, you can simply say that lately it's seemed the girls have different interests, and you rather enjoy the one-on-one time without having to worry about everyone else's compatibility.

He's Not the Boss at Home

Q My husband is a kind person — or so I've always thought — but when he's frustrated, he says things that are rude, bossy and demeaning. He has a stressful job and I think that at the end of the day he wants to take it out on me or treat me like an employee. I've tried to talk to him about it, but he says I should just ignore him if I can tell that he's in one of his rants. I can't ignore it, and I don't think I should have to. HURT WIFE

I know that the last thing someone in a demanding job wants to hear is that they need to take on another demanding job — doing some psychological work. But “Let me mistreat you, and you just pretend that I don't” is simply not an acceptable modus operandi for husband-wife relations.

His behavior has to change,

and it will take effort. Pick a quiet time when he's in a good mood to tell him that the pattern is unsustainable, and you want to work with him to change it. It could be anything from a list of coping strategies (meditation, a walk, working out) to self-help books to a new job to counseling, but he's got to start somewhere.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readex-press.com. Andrea is a local clinical psychologist and author of the book “The Friendship Fix” (friendshipfix.com).

Event Horizon

Classic Wheels

Your bike will be busy this weekend. Saturday marks the return of the Seersucker Social (\$15-\$20, hillwoodmuseum.org/seersuckersocial), a leisurely ride that ultimately leads to Hillwood for music, games and food-truck dining. The next day is the Air Force Cycling Challenge Crystal Ride (airforcecyclingclassic.com), a 3½-hour, noncompetitive ride on a 15K circuit that starts in Crystal City. Registration's over, but you can join the wait list.

phys ed fit



◀ New Balance's Minimus Zero Life doesn't have laces.



◀ Rockport's truWALK-zero comes in wing tips (left) or a sporty style.

Made for Walking

These stroll models lighten your load with minimalist designs

Minimalist runners can opt for extremely lightweight shoes. Now walkers can, too. Rockport's truWALK-zero, in wing tips for men (\$140, Rockport.com) and sporty models for both sexes (\$120), weigh about a pound a pair. New Balance's Minimus Zero Life models (\$90-\$95, Newbalance.com), designed for "commuting to work, traveling, doing errands," clock in at 6.3

ounces a pair for men, 4.3 ounces for women. Our manly feet put each brand to the test.

Special features:

Rockport: Mesh and leather uppers, foam footbed cushioning, rubber pods on bottom for flexibility and grip.

New Balance: Mesh uppers, Velcro fasteners, ultrathin foam sole with a few rubber "lugs" for better traction and "protection."

Style:

Rockport: Wing tips fit in a casual office. If you're an undertaker, go

Doctor's Warning

Minimalist shoes offer less support and heel cushioning, cautions Jim Christina, a Maryland podiatrist and director of scientific affairs for the American Podiatric Medical Association. That's not a problem for some soles but could lead to heel or ball-of-foot pain for others, or even the dreaded plantar fasciitis. Build up to longer walks, Christina suggests, and "back away if you start to notice problems." M.S.

for black-with-gray-sole. The brown model with prominent neon orange soles elicits comments like, "You're wearing happy shoes!"

New Balance: Fine for casual Fridays at work and weekend walkabouts. The model with nearly fluorescent green soles means you'll hear things like, "Look at that shoe!" and "You won't get lost!"

Walkability:

Rockport: Like walking on a cloud, though you'll feel a little more of the ground and get a little less support than with heavier, stiffer shoes. Your feet may turn in a bit; tight lacing helps.

New Balance: The sole is thinner than Rockport's, so you'll feel every pebble, twig and bump on the safety strip at the Metro platform. Feet noticeably turn in.

Test results:

With both brands, you feel you're padding about in bedroom slippers. You sail up stairs! At day's end, when feet normally yearn to breathe free, your feet feel so comfortable YOU DO NOT WANT TO DE-SHOE! MARC SILVER (FOR EXPRESS)

Two of A Kind

The 'X' Factor: Tony Horton is ready to bring it on in Washington this week. Train for free with the "P90X" creator Wednesday at the Yards Park (300 Water St. SE) at two workouts (5:30 p.m. for families, 6:45 p.m. for adults). Just make sure to fill out the registration form/waiver (available at Resultshegym.com) and bring water and a mat. Horton's also the race marshal at the National Press Club's Beat the Deadline 5K on Saturday (\$35-\$40). It starts at 7:30 a.m. from the corner of 14th and F streets NW. Learn more at Press.org/5k. (EXPRESS)



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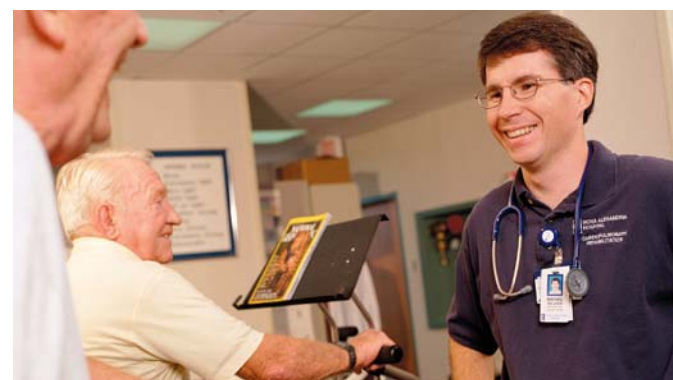
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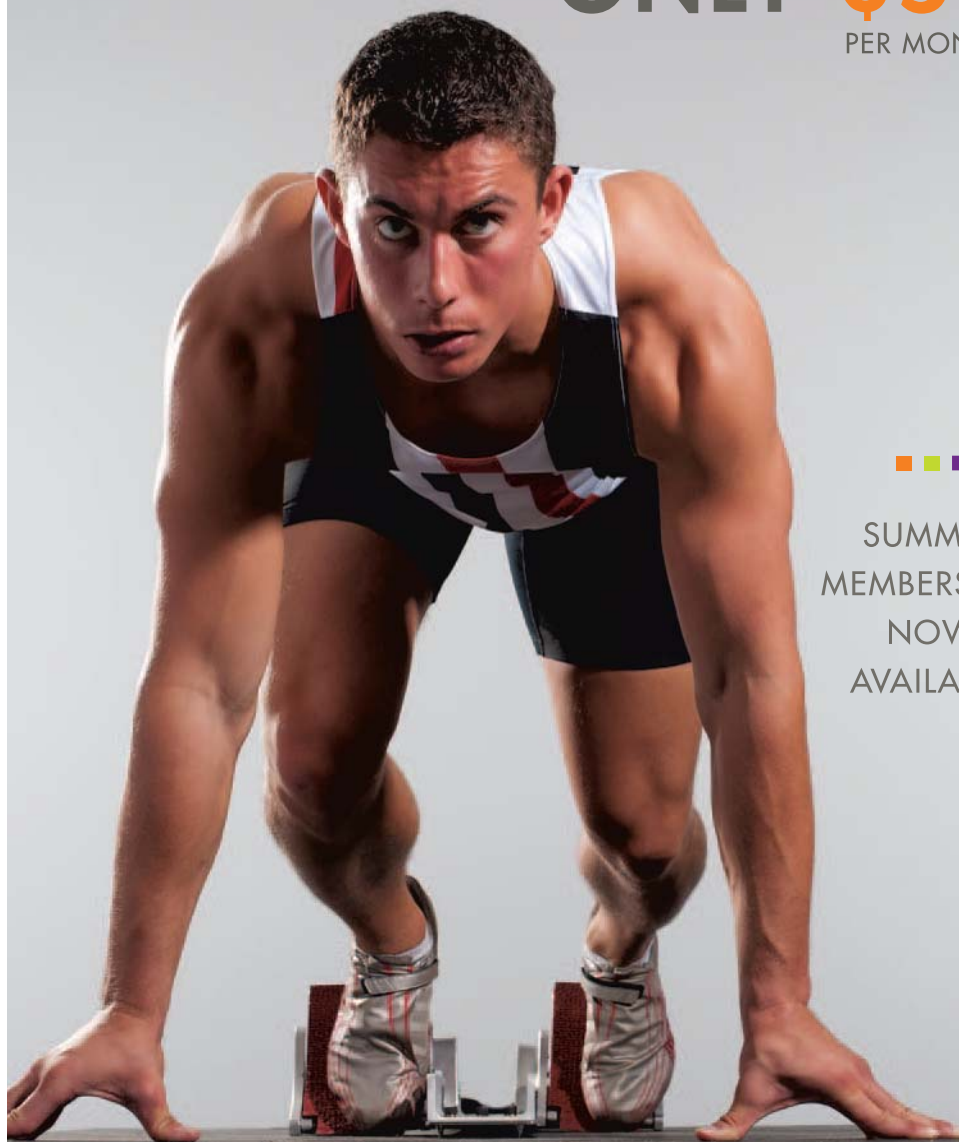
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TEDDY WOLFF

Every pineapple pop at Founding Farmers is garnished with lime and pineapple.

Pop Stars

Restaurants will fill your cup with fizzy fruit juice and herbs

A new trend is bubbling up: Restaurants are making their own sodas in-house, without the high-fructose corn syrup, the preservatives or the weird additives you usually gulp. Cool off this summer by ordering up one of these refreshments — in sizes even New York Mayor Mike Bloomberg would approve of.

Founding Farmers

From-scratch sodas are so popular at this farm-to-table restaurant's Potomac location that they outsell Coke and Diet Coke combined. Chief mixologist Jon Arroyo wants to drop commercial colas entirely, so he's been working on his own version for more than a year. "It's the hardest soda to make," he says. "Just think of all the artisanal colas you like. There probably aren't any." The good news is he's already nailed the pineapple pop (\$5), which includes a squirt of lime juice and fresh mint. ● 12505 Park Potomac Ave., Potomac, Md.; 301-340-8783, Wearefoundingfarmers.com.

Firefly

The Summer Spice Fizz (\$5) at this Dupont spot sports a yellowish hue — and a whole lot of flavor. That's

because the citrus concoction of orange, lemon and lime is sassed up with ginger, nutmeg, cinnamon, vanilla and homemade lavender syrup made with raw sugar. ● 1310 New Hampshire Ave. NW; 202-861-1310, Firefly-dc.com.

Elisir

"We took the whole craft bar concept and applied it to soda," says general manager Justin Kraemer. The menu always has a few options, such as rosemary-pear (\$5). It's made by muddling together simple syrup, freshly squeezed lemon, juicy pears and rosemary. Once the soda water is added, it's ready for you to drink up. ● 427 11th St. NW; 202-546-0088, Elisirrestaurant.com.

Graffiato

The zingy five-spice ginger beer (\$5) is made by simmering cinnamon, coriander, allspice, clove and star anise with sugar and water to create a simple syrup, which is combined with lemon and ginger. Head mixologist Taha Ismail plans on changing the flavors with the seasons. He's already done blood orange-habanero and strawberry-cardamom. "People are surprised to see them on the menu," he says. "But I didn't want to do something that you'd expect." ● 707 6th St. NW; 202-289-3600, Graffiatodc.com.

NEVIN MARTELL (FOR EXPRESS)

lookout



On and On and On
Celine Dion and Kate Winslet spat over 'My Heart Will Go On' **35**

Sound Bets



Forever Funk

Protect-U is a modern-day duo from D.C., though a blindfolded listening test might indicate otherwise: Mike Petillo and Aaron Leitko's synthesized funk sounds like it's from another place and time, conjured somewhere in Europe in the late '70s or early '80s. The band's flowing jams feel like the extended



portion of an ancient Human League remix that never returns to the song's core. After releasing two well-received 12-inches on Petillo's Future Times label, Protect-U has made an international leap with its new EP, "Motorbike." Released by England's Planet Mu, the influential label run by Mike Paradinas (µ-Ziq), this new three-song 12-inch captures all that makes Protect-U's take on electro-funk so appealing. Petillo and Leitko—a music critic for The Washington Post—became a band by happenstance, after performing late-night improvisations on analog synths. That's still Protect-U's working method, and you can feel the loose-limbed roots in the wobbly, boogie-down productions.

The repetitive, open-ended elements can make for a tough listen at home, but they provide the perfect headphone soundtrack for a long run through Rock Creek Park or an all-night dance-floor meltdown.

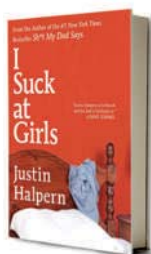


Read Christopher's previous columns at: expressnightout.com/soundbets

Look Who's Talking Now

'\$#!' My Dad Says' creator Justin Halpern offers his own advice with 'I Suck at Girls'

Books



Justin Halpern will always be in debt to his father. In 2009, the aspiring TV writer moved in with his parents after a bad breakup. For fun, he started a Twitter feed — @[Stuff]MyDadSays — where he chronicled his father's expletive-laden life lessons. Halpern became an Internet sensation; a book and a (canceled) sitcom followed.

Halpern mines his personal life for humor again in his second book, "I Suck at Girls" (\$16.99, It Books). It traces the ups and (mostly) downs that took him from awkward adolescent to a happily married man. He'll speak in Washington on Wednesday about dating woes and daddy issues.

Your comedic voice really shines through in your essays. Has it been harder for you to get your personality out writing for TV?

A little bit, because I haven't been doing it long enough to

be really good at it yet. Or even to be good at. I'm still learning, whereas I've been writing essays and stuff for 10-12 years, so it's a little easier to express myself there.

Working on "\$#! My Dad Says," the sitcom, did you feel like everything was falling apart?

No, because our ratings were never terrible. I didn't have that sky-is-falling feeling. I definitely thought creatively it was way different than I had first envisioned, so I knew that.

So it was a different experience writing for "How to Be a Gentleman," which was canceled after two episodes?

That was like an unmitigated disaster. That was explosive. That was like the stench of a dead body. Everybody knew very early on, "this is not working out."

You're adapting "I Suck at Girls" into a sitcom with "Scrubs" creator Bill Lawrence. It seems like he will fight to keep your vision, considering he was able to keep "Cougar Town" alive.

I'm actually writing on "Cougar Town" next season. I'm excited to have a job. I think it's going to find a big audience on TBS and they're going to be happy they picked it up. I just hope I don't screw it up.

What are you aiming for with "I Suck at Girls?"

I'm going to try to make our generation's "The Wonder Years." Even if it ends up half as good, I'll consider it a victory. It takes place in the early '90s. I wanted to do it before the Internet. My dad is



still a character in this, but he's not the central character, and it's a different version of him.

Did you have to embellish in the book because there were holes in your memory you couldn't fill? Absolutely, 100 percent. Any memoirist who says they remember everything is a total liar.

You've built your career, in a lot of ways, on your dad. Does he take credit for your success? No. He does the exact opposite

"My dad is still a character in this, but he's not the central character, and it's a different version of him."

of that. He very much downplays it, even where I'm like, "C'mon, you're definitely largely responsible for this."

Now that you're happily married, do you have any wisdom to pass on to other guys who feel like they too suck at girls?

Love and relationships are a series of really humiliating and depressing failures, and then, at the very end, you get one victory and that's all you need. It's the only thing in life like that. If you write 20 stories and 19 are terrible, you've failed. If you go out on 20 dates and 19 of them are horrendous but one of them is amazing, then you win.

RUDI GREENBERG (EXPRESS)

● **Sixth and I Historic Synagogue, 600 I St. NW; Wed., 7 p.m., \$10; 202-408-3100, Sixthandi.org. (Gallery Place)**



Out on Top: In an unusual move announced Monday, Starz will conclude its highly successful action-adventure series "Spartacus" while it's still a hit, and after logging only three seasons (or four, counting a "prequel" season). This season the series, which stars Liam McIntyre, left, drew 6 million viewers, a huge number for a paid subscription channel. Creator Steven S. DeKnight promises a "stunningly epic" final season, which will air in January. (AP)

lookout entertainment

top
stops



LINDA DAVIDSON/TWP

1 Divine Comedy

Though commedia dell'arte's exaggerated style and weird operatic interludes are a tough sell to modern audiences, the actors of the Shakespeare Theatre's "Servant of Two Masters" are amazing salespeople. Every prat-fall hits perfectly, making the two-plus-hours the show runs zip by. **Lansburgh Theatre, 450 7th St. NW; through July 8, \$39-\$95; 202-547-1122, Shakespearetheatre.org. (Archives)**

2 An Epic Night Of Drinking

As part of Savor Beer Week (a slate of events leading up to this weekend's sold-out Savor Beer Festival), Epic Brewery will hold a special happy hour tonight. Ten Epic beers will be on draft at \$5 each until 7:30 p.m. (after that they're \$7). It's also the debut of new beer Brainless Corruption, a collaborative effort between Epic and D.C.'s own DC Brau. **Jack Rose, 2007 18th St. NW; Tue., 5 p.m., free; 202-588-7388, DCbeer.com. (Dupont Circle)**

3 Bridge to Somewhere

Most books by politicians talk about hardship and triumph. But a lot of those politicians grew up millionaires, so it's hard to take it too seriously. John Robert Lewis' latest book, "Across That Bridge," reveals what he learned as a leader in the civil rights movement — this is a guy worth listening to because he's actually done something worth talking about. **Politics and Prose, 5015 Connecticut Ave. NW; Tue., 7:30 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)**



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Digs

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entertainment **lookout**



Michelle Obama's kitchen garden generates peppers, parsley, eggplant and more.

The First Lady's Green Thumb

Michelle Obama gives gardening tips in 'American Grown'

Book Review

First lady Michelle Obama says her plan to plant a high profile vegetable garden at the White House left her with last-minute worries that it would flop.

"What if the seeds or seedlings were not set in correctly and we ended up with empty beds? What if we couldn't control the weeds?" She recounts her trepidation in her first book, "American Grown: The Story of the White House Kitchen Garden and Gardens Across America" (\$30, Crown).

Obama organized the planting of the garden three years ago as part of her crusade to improve the quality and nutrition of the nation's diet. The garden occupies a once-grassy corner of the South Lawn and was planted with the help of 23 fifth-graders at Bancroft Elementary School in the District. Originally 1,100 square feet in area, it is now 1,500 square feet and provides food for White House luncheons, the

As she discovered, home gardening is a series of triumphs and setbacks.

Obama family's meals and state dinners. About one-third of the produce is given to a local food bank.

Obama, a novice gardener when she began the project, said her early worries were unfounded: "The garden took. As I had hoped, it also became a learning garden, and the garden team and I were among its first pupils." The garden is tended by White House horticulturists, chefs and employees who volunteer.

As she discovered, home gardening is a series of triumphs and setbacks. In the first season, she found the growing beds so wide that people had to step into them, the plant spacing was sometimes too tight and rainstorms eroded beds.

"Whatever detours or bumps in the road we would face, I was determined that this garden would succeed," she writes. Part of that success, she says, is that the garden "helped us start a new conversation about the food we eat and how it affects our children's health."

ADRIAN HIGGINS (THE WASHINGTON POST)

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A message from Metro General Manager Richard Sarles

We're now less than a week away from the launch of Rush+, new rush hour service designed to ease crowding and improve the commuting experience for more than 100,000 Metrorail riders.

The new service, which begins Monday, June 18, provides additional trains every rush hour, more frequent train service at 21 stations and new transfer-free commuting options for thousands of customers on the Orange, Blue, Yellow and Green lines.

By now, I hope you have read the signs, seen the new Metrorail map and heard the system announcements about Rush+. If you haven't already done so, I encourage you to visit the website, wmata.com/rushplus, to learn more because come June 18, you may have some new commuting options. For example, if you're at Franconia-Springfield, you may be able to get to DC quicker by taking the Yellow Line train toward Greenbelt. If you're an Orange Line rider, you'll be able to ride past Stadium-Armory to Largo Town Center without transferring.

All of these changes are illustrated on the new Metrorail map, which has

been redesigned as part of the process. We know many of you rely on this iconic map to navigate the system and we see it as one of the most effective ways to communicate the new service patterns.

In addition to looking at the map, here are some tips as you get accustomed to Rush+:

- Look for destination signs on trains, not just the line color.
- Pay close attention to station and operator announcements.
- Get a copy of the Rush+ Pocket Guide from the station manager's kiosk.
- Ask your station manager.
- View videos, use interactive maps and learn more at wmata.com/rushplus.

These changes are among the most significant service changes we've made since completing the Metrorail system and also a key step for Metro as we prepare for the start of Silver Line service.

Rush+ service will be in effect on weekdays between 6:30 and 9 a.m., and between 3:30 and 6 p.m. For more information, visit wmata.com/rushplus.

lookout TV tonight

Welcome to the Jungle

Jenny McCarthy returns to hosting on 'Love in the Wild'

Reality

NBC 9:00 Given the competition, it's a tough job singling out summer's most brainless series, but the returning reality spectacle "Love in the Wild" deserves special attention. It's "The Dating Game" meets "Indiana Jones" as 14 singles strive to find romance while competing in pairs and sometimes trios in games of endurance under challenging and occasionally yucky circumstances. Tonight, they have to swim through dark water filled with snakes. Even after that grim task, seven singles will be sent home.

"Wild" is an extended tourism commercial for the Dominican



"Love in the Wild" contestants deal with giant snakes in tonight's episode.

Republic, where it is set. This year's host is Jenny McCarthy, a former Playboy model who became host of MTV's "Singled Out" in the '90s.

McCarthy departed from her caricature as the generically curvaceous Marilyn-du-jour after becoming a mother and lending her celeb-



rity to several New Age theories associating autism with childhood vaccines.

One would think that McCarthy's association with a cause as controversial and "heavy" as that would preclude her involvement with such mindless piffle as "Love in the Wild." But, hey, this is NBC, where a radioactive reputation (like those of Howard Stern and Donald Trump) seems to enhance your chances for hosting silly spectacles.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

Best Bets

TNT 9:00



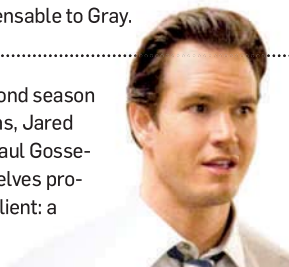
Rizzoli & Isles In the season premiere, the shooting of gangster Paddy Doyle (John Doman), Maura's (Sasha Alexander) biological father, causes a rift in her friendship with Jane (Angie Harmon, left). An internal affairs investigation brings Jane's relationship with Dean (guest star Billy Burke) out into the open.

FAM 9:00

Jane by Design Jane deals with big changes in her personal and professional lives. On the former front, she wonders what her relationship with Billy will be like now that he's been released from juvie. At work, she becomes more indispensable to Gray.

TNT 10:00

Franklin & Bash As the second season of the lawyer buddy dramedy begins, Jared (Breckin Meyer) and Peter (Mark-Paul Gosse-laar, right) are hoping to get themselves promoted at the firm by signing a big client: a beverage company executive.



HIST 10:00

United Stats of America Randy and Jason examine how much of our lives is taken up by other pursuits. Among other things, they discover that sitting on the couch takes up nine years and nine months of a typical life, but sex only fills three months. (TRIBUNE MEDIA)

Concerts



At Her Service

"Concert for the Queen: A Diamond Jubilee Celebration With Katie Couric" (9 p.m., ABC) takes a backstage look at a special performance celebrating Queen Elizabeth II's 60 sceptered years. Performers include Stevie Wonder, Annie Lennox, Tom Jones, Elton John and Paul McCartney, who once sang that "Her Majesty" was "a pretty nice girl, but she doesn't have a lot to say." K.M.

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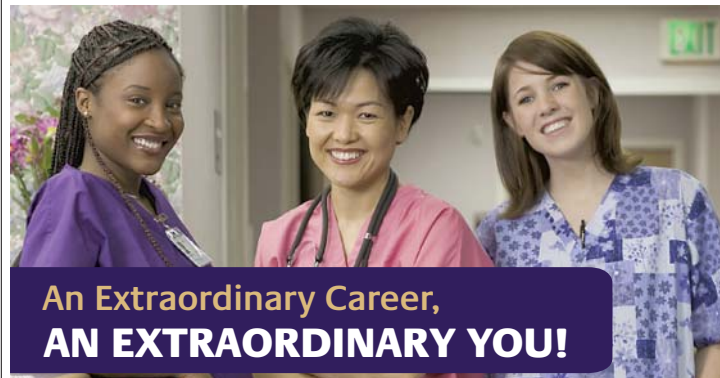
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“‘Twilight’ won everything except for the times when ‘Hunger Games’ did. What an unpredictable twist of events that was. Hilariously, Jennifer Lawrence didn’t even bother to show up while a Robert Pattinson-less Kristen Stewart somehow realized through a fog of bong resin that she’s the only sucker who gets forced to show up to these things year-after-year.”

— **THESUPERFICIAL.COM** offers a review of the MTV Movie Awards Sunday night at the Gibson Amphitheatre in Universal City, Calif.

“In hip hop women [are] always expected to ‘be cool’ [about] completely out of line behavior from our male counterparts. No dice.”

— **@AMANDASEALES**, host of MTV’s “Hip Hop POV,” didn’t appreciate what she had to deal with at Hot 97’s SummerJam concert at MetLife Stadium in East Rutherford, N.J., Sunday.

“HALO is the Nickleback of video games.”

— **@VERCENGETORIXII** reacts to news that Microsoft announced the launch of ‘Halo 4’ at the Electronics Entertainment Expo, better known as E3 in Los Angeles this week.

“What is it like to be a Gawker commenter? ... Is it as difficult as it seems? How long, on average, do they spend per day thinking up the perfect thing to say that no one will ever care about? And when Gawker tweaks its commenting system — like it did [Monday], again — do they seriously care as much as they act like they do? Because good lord. Being a Gawker commenter sounds insanely difficult.”

— Chris O’Shea at **MEDIABISTRO.COM/FISHBOWLNY** was surprised by the backlash the media company received for changes on its website.

“Drinking wine, watching television and taking a dip in the hot tub all seem like fine things to do while in the buff. Board games could be a bit iffy.”

— Benjamin R. Freed at **DCIST.COM** highlights a Craigslist housing ad, in which the house owners say “We also like the freedom of being naked at home (especially in the summer) and want someone who is also comfortable hanging out nude in their own home.”

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puzzles lookout

Horoscope

GEMINI (May 21-June 20) You're going to have to make a choice very quickly, and if you trust your instincts, it can surely be the right choice.

CANCER (June 21-July 22) You may be distracted and unable to comprehend everything that is going on around you today. Your understanding helps another in turn.

LEO (July 23-Aug. 22) You won't be able to tell immediately whether you are doing what is expected of you — or whether you must adjust your methods as you progress.

VIRGO (Aug. 23-Sept. 22) You may not hear from someone with whom you are working very closely until all parties are close to finishing their assigned tasks.

LIBRA (Sept. 23-Oct. 22) You're likely to get quite excited about a new project once the powers that be tell you a little something about what is to come.

SCORPIO (Oct. 23-Nov. 21) Someone you know and love will tempt you with tales of what is to come — and every detail will have you yearning for more.

SAGITTARIUS (Nov. 22-Dec. 21) Someone may be moving the starting line bit by bit away from you. Do what you can to minimize any disadvantage that may result.

CAPRICORN (Dec. 22-Jan. 19) You're likely to get a good deal of advice telling you what to do — but you will want to know the specifics of how to do it.

AQUARIUS (Jan. 20-Feb. 18) You'll want to set yourself a task today that you can do without much trouble — just to get yourself moving. Momentum is everything.

PISCES (Feb. 19-March 20) You'll receive updates throughout the day that provide you with information as it shifts and changes.

ARIES (March 21-April 19) More responsibility — and, ultimately, more pay. You're willing to do the work for the reward.

TAURUS (April 20-May 20) You may be unusually adept at doing more than one thing at once today. Don't let anyone make you think that this can become a habit, however.

Scrabble Grams

PAR SCORE 155-165, BEST SCORE 244

E ₁	O ₁	K ₅	H ₄	L ₁	M ₃	C ₃

3rd Letter Double

--

 RACK 1

E ₁	E ₁	O ₁	N ₁	R ₁	K ₅	L ₁

--

 RACK 2

E ₁	I ₁	H ₄	H ₄	R ₁	S ₁	C ₃

--

 RACK 3

E ₁	I ₁	O ₁	L ₁	N ₁	C ₃	X ₈

Triple Word Score

--

 RACK 4

Yesterday's Solution

C ₃	H ₄	I ₁	M ₃	N ₁	E ₁	Y ₄
P ₃	O ₁	R ₁	K ₅	P ₃	I ₁	E ₁
M ₃	I ₁	S ₁	R ₁	U ₁	L ₁	E ₁
K ₅	E ₁	T ₁	T ₁	L ₁	E ₁	

 PAR SCORE 150-160

 RACK 1 = 71
 RACK 2 = 95
 RACK 3 = 59
 RACK 4 = 10
 TOTAL 235

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

8			9	3		6		4
3		2		6	4		5	
		1	2	5		9		8
7						8		2
2				7				5
6		4						7
5		3		4	9	2		
	2		7	8		1		3
1		8		2	6			9

Yesterday's Solution

9	5	1	7	3	6	4	2	8
4	6	3	9	8	2	5	7	1
8	7	2	4	1	5	9	3	6
5	8	9	6	4	3	7	1	2
3	4	6	1	2	7	8	9	5
2	1	7	5	9	8	3	6	4
7	9	8	2	5	1	6	4	3
6	2	5	3	7	4	1	8	9
1	3	4	8	6	9	2	5	7

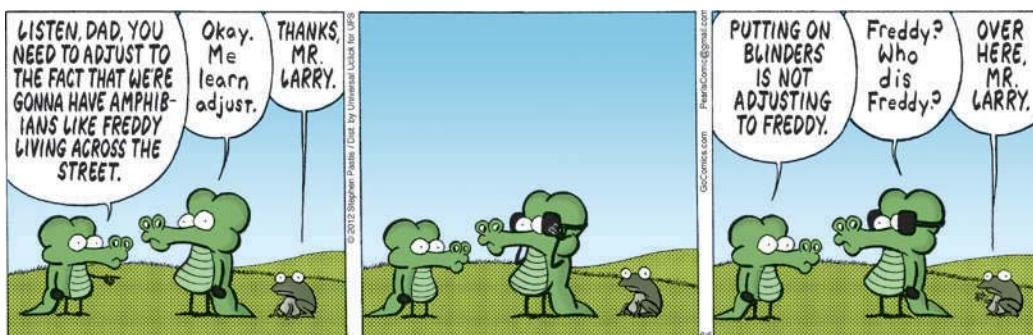
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

72 | 56

Today: A couple of thunderstorms today, mainly later. A shower tonight.

75 | 59

Tomorrow: A thunderstorm tomorrow and tomorrow night.

Looking Ahead

THU **FRI** **SAT**
79 | 62 79 | 62 84 | 69

Sun and Moon

Sunrise today: 5:43 a.m.
 Sunset today: 8:30 p.m.
 Moonrise today: 9:55 p.m.
 Moonset today: 6:53 a.m.

Almanac

Normal high: 81
 Record high: 99
 Normal low: 63
 Record low: 46

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lookout puzzles

Crossword

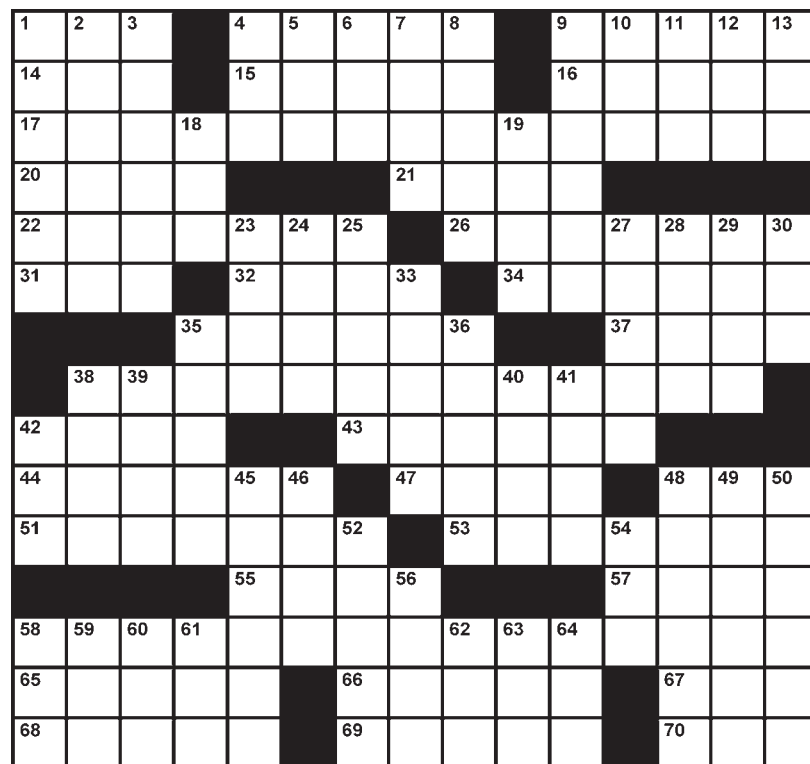
NO GREAT MATTER

ACROSS

- 1 It may be beaten in court
- 4 Cigar ends?
- 9 Distributed (with "out")
- 14 Wall-bracket shape
- 15 Dog restraint
- 16 Insect's final stage
- 17 Poker face
- 20 Detroit assembly line product
- 21 Fist pumper's cry
- 22 Bridge framework
- 26 TV series with Sgt. Friday
- 31 When dark comes o'er the land
- 32 Helpful tip
- 34 "Limon" soda
- 35 Feel ready to explode
- 37 Ancient Andean
- 38 "Song of the South" song
- 42 Unmannerly person
- 43 Conditions of severity
- 44 Archery target areas next to bull's-eyes
- 47 Take a wrecking ball to
- 48 Kilmer who played Batman
- 51 Beg
- 53 Inhale and exhale
- 55 Like most colleges and softball teams
- 57 "... with 1,001 ____"
- 58 Claims of ones living in abandoned buildings
- 65 Sports car engine option
- 66 Amtrak stop
- 67 Prefix meaning "new"
- 68 Gondola pusher
- 69 Cleans, as a deck
- 70 Admiral's org.

DOWN

- 1 Manufacturer's offer
- 2 Entice
- 3 Typewriter roller
- 4 One kind of fraternal-order member
- 5 Golf ball prop
- 6 April 15 payment
- 7 Catch glimpse of
- 8 Destroy, as documents
- 9 Unfortunate accident
- 10 Bad ____ (German resort)
- 11 Mai ____ (rum-based beverage)
- 12 Kind of trip for the conceited
- 13 Mafia boss
- 18 Anti votes
- 19 Rabbit features
- 23 "Take ____ Train" (Duke Ellington tune)
- 24 Perjured oneself
- 25 Come in
- 27 Crossword puzzle layouts
- 28 Ship of Columbus
- 29 ____ A Sketch
- 30 Earl Grey, e.g.
- 33 Those people's
- 35 Shopaholic's indulgence



EDITED BY TIMOTHY E. PARKER

- 61 President Lincoln, affectionately
- 62 Where you might get into hot water
- 63 Apt first name for a thief
- 64 Part of T.G.I.F.

Yesterday's Solution



Today in History

1933 The United States departs from the gold standard.

1968 Sen. Robert F. Kennedy is assassinated in Los Angeles after claiming victory in California's Democratic presidential primary.

1981 The Centers for Disease Control reports that five homosexuals have a rare pneumonia; they became the first recognized cases of AIDS.

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people **lookout**

RELIGIOUS ORDERS

Humphries Last Pick in Fantasy Monastery Draft

Kim Kardashian has moved on, and rumors this weekend suggested that Kris Humphries had, too. Not true, reported Radaronline.com. "Kris won't even consider dating anyone until his divorce to Kim is finalized," said an unnamed source. "He just isn't ready to date yet and doesn't want a serious relationship. Kris isn't living like a monk and goes out with his buddies to clubs," the source added. (EXPRESS)

"SECOND WEDDINGS"

Is This What We're Calling Vow Renewals Now?

Fifteen months after their Feb. 25, 2011, marriage, Kelsey Grammer and Kayte Grammer married again, this time in Las Vegas on Saturday, People.com reported. "We wanted to celebrate and re-dedicate [ourselves] to how much we love each other and to our growing family around the bend," Grammer said. (EXPRESS)



"This time let's register at Bed Bath & Beyond. Macy's was disappointing."

Apologies

**Cricket Just Glad To Be Mentioned**

Jason Alexander has apologized for joking that he considers cricket a "gay" sport. In a blog post, he explained Sunday what led to his remark on CBS' "Late Late Show." The 1,000-word-plus "message of amends" said that the joking remark plays into "hurtful assumptions and diminishments" about people. (AP)



ETHAN MILLER/GETTY IMAGES

IF INGESTED On the "Today" show Monday, Celine Dion responded to comments made by Kate Winslet in March about how "My Heart Will Go On," Dion's hit "Titanic" single, causes her to suffer "massive internal eye roll[s]" and nausea. "If I just count how many times I've sung it, maybe it'll get me sick," said Dion Monday. "If she feels tired just hearing it, and, like, throwing up, I'm glad she was not the one singing it." (EXPRESS)

Sigh, Roll Eyes, Vomit

MINISCULE STAKES

Unless the Outcome Saves Some Sea Life, No One Cares

Stephen Baldwin and Kevin Costner are facing each other in court over a 2010 suit filed by Baldwin, who claims Costner misled him in dealings with a company that sells oil-spill cleanup machines. According to TMZ.com, Baldwin says Costner knew the company was about to make a killing off BP and did not tell Baldwin, who sold his shares before a \$52 million deal with BP went down. (EXPRESS)

"We were a little [hesitant] about taking our baby to Vegas, but we did."

— **HILARY DUFF** THINKS FUTURE AIR TRAVEL WITH HER INFANT DAUGHTER, LUCA, WILL BE A BREEZE BECAUSE SHE "DIDN'T MAKE A PEEP ON THE AIRPLANE."

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